

# “Give Me Five!”

5 dance safety rules. One for each finger.

1. **No bumping**
2. **Jell-O Wall**
3. **Freeze**
4. **Be a good audience**
5. **Smile & have fun**



The rhyme and the reason of the rules:

1. **No bumping:** this rule means no one may bump, touch, or come in contact with another person while dancing (unless the teacher gives an ok for contact). This rule also means no bumping ones own body into the floor or any object in the room. Including landing on feet when jumping and not your “hard spots” i.e. knees, elbows, head, etc.
2. **Jell-O Wall:** set up some kind of visible or invisible perimeter for the class of where the “dancing space” is and where the “out of bounds” space. This will ensure no students are lurking in corners, bumping into furniture hazards, tripping over cords, and they are kept space. The dancing space should be large, open, and free from hazards. I call my invisible boundary line “Jell-O Wall” which came from one of my dance education mentors, Mary Ann Lee.
3. **Freeze:** teach your students what your calls and commands are for students to freeze. Having a variety of freeze commands helps when getting students’ attention to give instructions, input, praise, and stop them before someone gets hurt if that may be the case.
4. **Be a good audience:** creative dance is a time to be creative and risk, to share ideas, and to work together as well as individually. Students need to be a “good audience” for the teacher when he/she is speaking, when other students are speaking, when other students/teacher are performing, when anyone is sharing an idea, or there are guests performing (i.e. assemblies, informances, class discussions, etc.)
5. **Smile and have fun:** dance is an enjoyable activity. Creative dance should be an enjoyable time for students to use the body to move, create, learn, and share ideas. When the students follow the rules the teacher is happy because the dancers are safe and vice versa.

## Tip:

I have students look at each finger as we learn the rules. One way to call for students’ attention is to say, “Give me five!” and hold your hand up in the air. Say, “If your hand is in the air then that means you are following the five safety rules for dance.”